

Individual Best Times (All Time)

Ciaran Coughlan - (940617) - Swim Bournemouth

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.44	36.00	184	03/07/16	2016 Dorset Development Competition	Littledown	SW160051	3
100 Freestyle	1:18.07	1:19.10	189	08/04/17	Swim Bournemouth Spring Short Course Meet	Bournemouth	SW170245	2
200 Freestyle	2:52.69	2:54.70	190	08/04/17	Swim Bournemouth Spring Short Course Meet	Bournemouth	SW170245	2
50 Breaststroke	49.69	50.30	126	03/12/16	Swim Bournemouth Club Championships	Wimborne	SW162150	4
200 Breaststroke	4:05.84	4:08.00	116	29/03/15	Swim Bournemouth 5th Annual Open Meet	Bournemouth	SW150150	2
50 Butterfly	42.58	43.00	133	09/04/17	Swim Bournemouth Spring Short Course Meet	Bournemouth	SW170245	2
50 Backstroke	41.46	41.90	151	08/04/17	Swim Bournemouth Spring Short Course Meet	Bournemouth	SW170245	2
200 Individual Medley	3:21.80	3:23.80	160	02/07/16	2016 Dorset Development Competition	Littledown	SW160051	3
100 Individual Medley	1:28.29	1:28.30	173	09/04/17	Swim Bournemouth Spring Short Course Meet	Bournemouth	SW170245	2